

Journey to the ARI-ARhAyas AL-Uma-UN Core of the Krystar Seed Atom

The AMCC AL-Hum-Bhra Magistracy Councils of Cosminyahs™ and ARhAyas Productions AMCC, LLC
The Tan-Tri-Ahu-ra Teachings-The Path of Bio-Spiritual Artistry™
AMCC™ Kryst-Ascension Fail-Safe Conference-1: Sarasota, FL, August 17-20, 2012

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Version: Jan. 9, 2013

Yeah, wave is coming in. I am seeing this disc over our head not quite as high as the ceiling. And it looks like...it is translucent white. And that is who? [Giggles] I used to, like, which one is that? Which Shield is that? That is the one that goes with Sun-8. Ah, but it looks like almost watery but translucent white disc of water. Interesting. It is Plasma; it is not water, but... alright. And I will narrate, because these are always new to me too as I am running them. So I will just narrate what I see and then they will direct us. Okay.

[To Yhan:] Do you sense the disc there?

[Yhan:] Mm, yeah.

[To Yhan:] Okay. They are asking us to, at the same time, inhale up, and grab onto a quantum of it and then inhale, exhale it down, and they will bring the wave down through us. And then exhale it down and...down into the Aurora Shield and then out and up to the Shield. Okay? Inhale up. [Holds breath.] And exhale down and send. And you guys inhale up now. And if you want it, pull it up through. Hold it in your Heart Chakra for a second, and then exhale it upward to the Krystar at the top of your head. Cool. Okay. They are going to have us do a couple of those to cycle it, and we will get in sync with each other.

[To Yhan:] Okay. Let us do these again. Inhale up... [holds breath] exhale and send. And you guys inhale up...and exhale from the Heart Chakra up to Krystar. We are going to pick up the momentum now where, as soon as you go [exhale sound] and exhale, we will go [inhale sound] and draw, and [exhale sound] send. And when you hear us [exhale sound] send, you [inhale sound] inhale up, and see if we can get in sync with each other to flow the circuit--to run the wave. Okay.

[To Yhan:] We will inhale up...exhale send.

Inhale...

[A few cycles done]

Good. That has got the circuit going. Just breathe normal now. Nice.

Okay, I am just watching. They are going to show me what next...they would like us to do. Okay...okay. Alright, they are going to drop what is called, what they are calling a "carrier wave", a carrier Plasma wave of the Fire & Ice frequencies, the Plasma frequencies from the AReutas 1st Cell. So they are asking us to inhale upward to that spot 18 inches above our heads where Chakra-11 is. Just inhale up there and hold for a minute. Try to sense when a little tip of the wave starts coming down into that spot. And when you sense it, then gently exhale down all the way into the Aurora Shield way down in Earth's Core. And then inhale up from the Aurora Shield into Chakra-4. And then exhale backward from Chakra-4 through the Wing Spot and out the back of the Wing Spot. And now inhale *from* the Wing Spot, from your Mission Sphere, into the Wing Spot and a little bit forward into the Central Vertical Column. And then exhale a spark up *and* downward at the same time at the Central Vertical Column from the Wing Spot.

Okay. They are asking us to just breathe normally *and* gently for a moment, and try to sense the gently slowly moving, gently undulating wave of translucent white frequency that is coming downward. Try to feel the wave as it comes into your Crown Chakra and gently undulates through your head and down through your neck. Try to feel the flow of it as if it is like a gentle ocean wave. And let your body rock back and forth with it a little bit. It is moving forward and backward. It is coming down vertically, but undulating forward and backward. Try to feel its rhythm and just let your body and your molecules move with it. Feel it as it goes out of your body in the P-Lotus area and keeps going downward into the Aurora Shield. But it is a really long vertical wave, so there is still plenty of it running through your Central Vertical Column.

Oh cool. Okay. They just showed to me what they are going to do next. Try to get more in touch with the feel of that wave that is running through you, and they are going to expand its quantum now where it gets a bit wider, because it is still like a thin sheet of undulating ribbon current, Plasma current. And it is going to get wider, ah, side-to-side to where it is running through you but also now around you. And try to sense the feel of that [Pauses] as you are breathing and sensing this undulating wave..., they are showing me and I am trying to find the words to describe that...alright, it is like...they are showing me an image of... it is like being laminated...you know how you laminate a piece of paper, where you have one piece of plastic behind and one in front, and then the thing being laminated in the center, and then heat seals the plastic around the edges? Well, they are kind of going to do this with the wave. As the wave is moving downward through us, it is going to split up its middle in two, so you have one part of it coming down the front of you, and one part coming down the back. Try to sense that, the split happens up at the Chakra-11 spot 18 inches above the head. And they are going to send a starburst of what looks like pale pink energy down around each person, and that is going to be like the heat seal that makes the edges of the two pieces of the wave melt, so that we are kind of laminated inside of it.

Okay, they are saying “inhale up to Chakra-11 and hold”... and when we exhale, they will bring the pink frequency down; the pink ball of energy. And just breathe normally, but try to feel now the reality of your physical body and your Plasma Body being gently sealed inside of this gossamer undulating wave. Try to sense it. It is almost like having a very soft veil draped across your face; if you feel it on your face. Try to sense that feeling. [Pauses]

They are saying now while we are in...they are referring to this as “in encasement” where we are encased in AL-Hum-Bhra Plasma wave. While “in encasement”, open your Plasma body eyelids. Like open your eyes in your Plasma Body, but not on your physical body. And see if you can sense actually doing that. And begin...trying to see through your eyelids through your open Plasma Body eyes. It will come easier for some than others. With practice, it happens and then it kind of happens all on its own.

If you can open your Plasma Body eyes and see through them, sometimes if you just get them open, it is like a newborn where all you can see is light and shadow and you do not know what you are seeing till your Plasma Body eyes get used to receiving sensory information. But for those who can see, try to see the veil of this wave, you know, as if it is, you know, it is almost like a lightweight scarf running down across your face and it is like trying to look through a lightweight white scarf. Try to sense that reality.

[Pauses] Okay. And now there is a group of them coming in. I am trying to see which group it is. Because it was...I know we are supposed to meet the 8 Magistracy Councils of the AL-Hum-Bhras, but this is not them yet. This is one of the groups of 48. Who are these guys? I think these are the... yeah. They are the Tan-Tri Master Councils, that larger ring of them. They just came in about ceiling height. And they just look like balls of energy like they do on the diagrams. They are coming in to hold the field for us. They are actually making a large, as if there is a horizontal, round horizontal shield up on the ceiling level, with them in their, you know, 24 points. But they are, you know, there is two of them on each point, so there is 48 of them. At the center of the Shield, they are going to open a space and that is where they are going to begin journeying us through into...first...trying to see where they are going to take us in through. Okay, they just said “it is an AL-Hum-Bhra Passage.” Okay. Oh that is what they are. Okay. Just learned something. On those diagrams, these straight lines, right, the 24 straight lines going out at the balls or, you

know, circles or balls are riding on? Each of those is an AL-Hum-Bhra Passage. So they are going to have us ride one of those Passages. And they are starting with the, you know, the Outer Master Council, which corresponds with the outer layer of the Cos-MA'yah. So they are going to bring us from that level inward through one of the AL-Hum-Bhra Passages first into the AReutas Cell, and then into the Core of the AReutas Cell. Alright, let us see how they are going to do this...Wow, heat flash. Oh.

Okay, I am watching. They are doing something at the center of the Shield to get it open. Oh neat. Okay. This is reminding...what I am seeing right now just reminded me of when I had mentioned the Tan-Tri-A'ma had visited and they superimposed this "White Room Space" into my bedroom. This is different, but the same concept. The Tan-Tri-A'jha, I believe these are the ones that go with the Tan-Tri Master Council...ah, it is the same concept. They are opening the central space as if you took that diagram and that was the Shield and you open a hole in the center, like all the way out to where that outer ring of the Master Councils is. And in that space, they are superimposing their space from that band of consciousness, from that state, into the room and the space with us. And this one is not all white like it was with the Tan-Tri-A'ma. This one is... and it is funny, because I have been here before in that space, but I did not know where it was. They have taken me here in some of the journeys on Sanctuary Island. It is...I refer to it as the "Dark Room Space", because it is kind of like, everything...it is kind of dark as if lights are off, but everything is kind of like light to medium pale blue. Some of it more aqua-blue, but everything has this like blue glow to it, like objects and those kind of things. And when we move our bodies there, when we project our Plasma Bodies there, they take on that same configuration. What they look like is pretty transparent, except they are like outlined in blue and you can, you know, see yourself in blue, you know, in blue outline. It is like a very pleasant electric aqua-blue, you know, with very soft, gentle dark background kind of like sapphire dark blue background with the aqua-blue outlines around everything.

Oh, they are going to do Wing Spots. Okay. Now remember we are still laminated in our Krystar Wave that is running, still running through us. They are going to do something pretty neat. They are going to send a frequency into the center of the room all the way down through the center and down to Aurora Shield. And the Aurora Shield is going to kick back a frequency backflow that, for the people who are, you know, wanting to participate in this technique, it will come up as a not quite a geyser but like a quick spark that comes up from below. And when that spark comes up, it will come up through you and go out back up to the Krystar. When that happens, your Plasma Body is going to go flat, 2-dimensional, like as if somebody took the undulating wave and took it by its sides and went "pop" and pulled it this way, where it became really taut, right. And it squishes our Plasma Body into like a flat plane with it. So they are going to do that in a second.

Alright, they just dropped the frequencies down the Aurora Shield. Alright, so, if you are, you know, running the Host in a second that is going to release the sparks. So just inhale up...now up from Aurora Shield...up into the Wing Spot...and then exhale from the Wing Spot upward to the Krystar Shield. And try to sense the pop as your Plasma Body became flat like somebody ironed it. It is still like in the middle of your physical body. And now they are...oh neat. There is a whole new meaning of Wave-Rider...no, Wave-Runner. And in a second, they are going to, just, we can just breathe normal, but they are going to...they are going create a vacuum. Right. Okay, like a vacuum field which is part of the Cruxansatea field actually. They are opening a big Cruxansatea; so that is what they are doing, which is the magnetic part of the Gate fields in the center of the room, and it is going to expand all the way around the room and out of the room a bit too. When they do that, it is going to draw our flattened Plasma Bodies up. It is almost like watching, you know, the old-fashioned sticks of gum that were flat. It is almost watching a bunch of those rise up out of our bodies from, you know, from in your bodies up through our heads and come out our heads and, except they are not solid like gum. They are...they are translucent white and that is our Plasma Bodies flattened at the moment. And they are all going to gently, kind of, float upward to a point that is outside of the building, but up over the center of the room, but outside of the building.

They are moving through the Cruxansatea...it is at the center point. This is actually the seal on the round and that is on top of the Cruxansatea. So we are all going to collect up there like little ribbons...like strips of ribbons. Try to

sense your Plasma Body as it kind of moves out. It is almost like it peels out from inside...it is almost like it...feel like...you can feel popping in there. Right. And try to feel that wave moving up. And try to sense the feeling of yourself. You feel yourself in your physical body, but try to sense yourself in the flat form of your Plasma Body as well. Try to feel the freedom in that shape, because you can actually undulate with the air as you are flowing upward. And we are all going to collect like petals on a flower around the seal at the top of the Cruxansatea. And here is where we will pick up that...where things start to look like the sapphire-blue background and our Plasma Bodies look kind of transparent except for the aqua-ey blue outline. So right now, we look like aqua-ey blue outlined sticks of gum. That is what the visual looks like, you know, but undulating sticks of gum.

There is also a streamer of the pale aqua-blue that is connecting the bottom part of the stick of gum shape of your Plasma Body which corresponds to the bottom of your physical body. It is connecting that and it runs all the way down through into your Crown Chakra and through you and into the Aurora Shield. So you are connected to, you know, you are connected, that is your Plasma Body tether line. You are connected there.

Oh wow. Okay, cool. Now they are going to take us on an interesting journey. Wow. And we get to go on 2-dimensional pretty soon. Try to visualize that we are up above the building on the rounded end... the upward rounded end of the Cruxansatea, which is an Eckasha shape but turned upside down...the magnetic part. And there is a seal that looks like a round door, and it is just, you know, like, a closed door of energy. They are going to open that, and we are going to float our sticks of gum-shape Plasma Bodies up through this round door. And they want us to inhale now and hold... [Pauses] and then exhale and push our Plasma Bodies up through the round door. Try to sense with the Plasma Body that we passed through this doorway, and it is now going to close underneath our vertically standing sticks of gum.

And now they are going to have us inflate our Plasma Bodies back into 3-dimensional shape. So they want us to inhale into our Wing Spot, both on the physical body and the spot where that would be on our vertical standing stick of gum Plasma Body. [Holds inhale] And then exhale frontward and backward horizontally from the Wing Spot in both spaces, and feel your Plasma Body pop back in the 3-dimensional form that matches your body form here.

Try to sense your Plasma Body in this space. It is...again it is still dark. It is like being in a dimly blue lit cave. It is pleasant. It is not a frightening blue feeling, dark feeling or anything. It is quite...the atmosphere feels quite sparkly actually. And try to open your Plasma Body eyes and see out of them. If you can see out of them, the first thing you will see is that we are all standing in a room that appears to be in a cave...and, you know, a stone cave, like you would find underground. And this is a meeting room--this is a beginning entry to the AL-Hum-Bhra Passages. And it is one of the AL-Hum-Bhra Passages.

There is going to be a group of Guides that appear, and these are from the Tan-Tri-A'jha Tan-Tri Master Council band. And first they are going to appear around us as small orbs, about tennis ball size, and then they are going to kind of starburst and turn into a pillar and turn into just light being shapes of hominid light being shapes. There is one for each of us, so we each have a Guide. And they are saying, so we do not get lost, because there is a lot of conduits to the Chambers; and if we go wandering, we can get lost and that would not be good to get our Plasma Bodies lost right now.

Alright, so it is like...it is interesting. I am seeing them coming in a door, like, you know, a cave door though, not like a fancy door. Just like, you know, natural arch in the cave over toward my right. I am seeing a bunch of them coming there, and they are going to come up and stand next to your Plasma Body and also project a portion of themselves down into your, like, Mentor Space over your right shoulder. See if you can sense them when they come in over your right shoulder. [Pauses]

They are going to first...

[Yhan] Wow

Yeah, wow. They are going first, they are kind of standing a little bit behind us, you know, over the right shoulder. And they are going to use their left hand and put it on your Wing Spot on your physical body. And they are going to transmit a frequency there that is the receiving frequency for receiving the AL-Hum-Bhra Crystals; it begins the activation of the Wing Spot.

Ooo, I felt that one.

Okay. And now try to sense that in your Plasma Body as we are all standing around up there and they are standing with you like, you know, a little bit behind you on your right, they are doing the same thing up there with their Plasma Body hands, left hand transmitting to your Wing Spot up there. And there is going to be a little buzzy feeling in the Wing Spot in the Plasma Body up there, and it is going to pop the Wings. They are the feathered Wings, but they are Plasma feathers, so they are not heavy feathered Wings--they are light feathered Wings. And they look like, they are clear, you know, pretty transparent Plasma Body, but outlined with that aqua-ey blue color. So they have not popped yet.

Alright, they want us to inhale and hold in the Wing Spot. [holds] And when we exhale, the Wings up in the Plasma Body will pop and try to feel part of them pop down here too when we exhale. Now try to sense that your Plasma feather Wings have activated. Try to sense the feel of them on your back connected to the Wing Spot. It is almost like, when I first felt it was like having somebody stand behind me and almost made me jump. It is like, oh, that is my Wings. Okay. Try to move them forward and backward. First start like moving your shoulders as if your shoulders are the Wings...moving forward. Hold. Then backward and hold. Just do the shoulder movement a little bit, which gets the physical body Wing Spot energized. And then leave the physical shoulders still and try to do the same motion with the forward, with the Angel Wings and then backward. You are not stretching them out yet. You are just kind of moving them forward and backward.

Try to sense that your Plasma Body is also doing the same thing up there. And now they want us to...and they are saying we are working with the lone harmonic that we have done, you know, on a lot of things before where even if somebody is sitting right next to you, you still have a space around you that is keyed just to you so where your Wings will not be running into each other, even if you spread them out. So they are asking us to inhale into the Wing Spot and hold for a minute...And as we hold, kind of bring the shoulders up a bit and also the rounded part of the Wings, because we are going to get ready to stretch the Wings out sideways on the exhale. Then exhale. Drop the shoulders and spread the Wings out like a bird, or an angel. Try to feel the sensation of them. [Pauses] Try to sense the tip of the flight feather which is that big long feather on the tip, the point of the Wing. That is the control feather they are saying, as far as the electricals go, as far as running the currents, the Plasmas. They are saying now, with them up and arched kind of like the Wings are up like this and out like that. I think kind of like the, what is it, Harley Davidson™ logo or something that has those Wings that go up and they bend and go out. And now try to move the tips as if you are bending the elbows of the Wings only, where you are stretching just the...moving the tip Wing feather, flight feather up pointing vertically and then back down again. And then stretch them out fully and move the whole Wings including the shoulder parts of them. And kind of ruffle them where you can actually ruffle the feathers where they go like this [makes ruffling sound].

And now they are asking us to raise the tips and...over our head right in line with our Central Vertical Column. Tap the Wing tips 3 times, and it creates an electrical spark. And then inhale and hold and that will bring that spark down into the Wing Spot. And hold it in the Wing Spot for a moment. [Holds inhale] And then we are going to exhale it upward into our Plasma Body that is standing up there in the cave where we are going to bring part of our consciousness, more of our consciousness with it. Okay. Now try to move your attention more fully into the Plasma Body standing in the cave. We are all kind of just hanging around with our Guides waiting for, you know, what they are going to do next.

Oh neat. Okay. Oh cool. They have just activated their Wings. Wow. They are like huge. And they are beyond the physical structure of feathers. They are just like amazing, undulating energy currents which is what ours become eventually. And they are having us all stand in conc...like a grouping of concentric circles, where there is a small group. I cannot tell how many of us are in the center, but there is a small group of us in the center, and then a bit bigger group outside of that. And there are several layers of that. And they are having us stand next to each other and facing inward. And...they are standing right behind us, like, you know, each one of us has our Guide Angel, and it is standing right behind us. And they want us to raise our Plasma Body Wings up where the tips are pointing up vertical. And then put the tips together over our heads. And then they are going to link their own Wing tips together and form a circle around us and that is how they are going to transport us to through, in from the beginnings of the AL-Hum-Bhra Passages, down into the Chambers--the AL-Hum-Bhra Chambers. That will take us through into the Halls of Cosminyahs first.

Okay. Alright, they are getting ready to...they are saying "to fly us," and in a second, they are going to have us inhale. And when we inhale, they are actually going to contract us all, all of us and them into a big ball of light, like a Sun. And it looks like that Fire & Ice Plasma Sun, and it is pale aqua-ey blue.

So let us inhale and we contract in to the Sun...and when we exhale, we are going to...just imagine we are catapulting vertically. Alright, and that is actually, we are actually going to be going at an angle in the Chambers. So exhale upward. And now I am seeing...it looks like this big aqua blue-white Sun flying through these Chambers that look like, kind of like, you know when they do, when they mine coal and stuff. There is like these, you know, tunnels that they dig where it is kind of like seeing, flying down through a whole bunch of these really, really fast. And we are in there. We can just breathe normally now. We are...our Plasma Bodies are in there.

And...alright, cool. They are going to bring us first into the, into Sun-8, Sun-8 Cell. And I am seeing the big...our travel Sun aligning with the...what part of it? It is the *outer* part, what they call that, the Cosminyahs ARhAyas level where our Sun and its Corona is aligning within the same size as the Corona level of Sun-8. So let us exhale. And we will come back into our Plasma Bodies physical forms up there.

Okay. And they are saying: "try to look around now and see where we are." So I am trying to get my eyes open, usually they open quick now I am like...I am still seeing nothing, Beloveds? They are going, "it is coming, it is coming, don't worry." Okay.

[To Yhan:] Are you seeing anything?

[Yhan] No, but I am right there.

[To Yhan] I was thinking you were seeing that first actually.

Alright. Waiting for visual contact. I feel the frequencies. I feel this swirling...big swirling orb of energy around us like swirling translucent white bands of energy. Just swirling all around the...around our group and through the Sun-8 Corona. It is really funny. They are going...almost had visual contact. It is like they are in some control room up there working on, you know, reestablishing the video feed or something.

They said: "it takes a minute when you cross the threshold." They are referring "crossing the threshold" into the...into the Halls of Cosminyahs. Okay, still waiting. Okay, that is better. Alright, what I am seeing first is like we are inside of this huge...looks like a dome, but it is actually a sphere, but it has a Shield at its, you know, horizontal when you cross its middle point. So we are all like standing on that Shield and the top part of the sphere is like a dome over our head, but it is really, really *huge*. It is almost, gosh, we are almost the size of ants--our Plasma Bodies compared to the size of this dome. So try to tune in to this space-time location where we are by sensing your Plasma Body

inside of this absolutely massive... it looks like a domed Cathedral, but it is just one big dome. Try to sense that and also the other, you know, the other members of the group. And, you know, we feel all the same size, and our AL-Hum-Bhra Guides are just a little bit bigger than us. They are keeping their size proportionate. Yeah, because sometimes when they just let it rip, they are huge. They are keeping...they are just about a foot taller than whatever our height is; our Guide is about a foot taller. Okay now, we are all waiting around, and here we are waiting for something, and so are they. Okay, they just said, "we are waiting for the transport passage to open." Okay, that is going to be at the center of this big Shield that we are standing on inside this dome. So they are asking us to kind of, you know, face the center point and again do the concentric circle groupings.

Oh cool. Alright. I am seeing the center point starting to open. And it is really neat. There is like...actually, I think there is 48 of them, not just 24. There is like 24, or no, 48 lines going down from the platform of the Shield that we are standing on inside the dome. And there is a hole open in the center, and then they look like water slides, like 48 water slides going downward in that center hole. And they want us to slide down them. They will go with us. Alright, they have not given me the call yet. There is still a membrane over the top of the hole, so you cannot go in yet.

Okay. Alright. Now they are saying, "inhale upward and hold in the Wing Spot." And when we exhale, feel ourselves in our Plasma Body kind of jump up a little bit and then go right down, feet first, down one of these slides, so we are all lined up with one of the 48 of them. Just... [exhale sound]. And try to feel the *whoeeee* sensation, and it is kind of wet without being wet, like that hydrolase feel. Oh cool. Wow. They go a long way. They go like [sliding sound], really long water slides. Okay. And then there is going to be a drop at the bottom where we go kind of like "plop" into a large pool of what looks like hydrolase, but it is a first Plasma version of...it is more than hydrolase. So feel us at, as you get to the bottom of the slide, just kind of going [sliding sound], and we kind of go underwater for a second and then pop back up in our Plasma Bodies. So it is almost like we are...kind of like when we were in the ocean, you know, except we are in concentric circles right now but standing next to each other all kind of popping up out of the water.

Mmmm, that is interesting timing...there we go. I wonder what did that? So we are kind of floating about in this water and it is interesting. Whatever this watery like Plasma substance is, you do not have to tread water. You can just kind of like hang out and float...and kind of like bob. You do not...your head does not go down after the initial *plop* and then back up.

They are saying now we are going to meet the 8 Beings, each is a Representative of one of the 8 Magistracy Councils of the Cosminyahs AREutas Core Cell. And as we are kind of, you know, bobbing about and floating about in this water-like Plasma, they are, our guides are asking us to spread out a bit in our...like back the circle up to make the center of it bigger, because they are going to pop up from the center. In *what* I don't know. But I can feel a rumble down under the water, like, stuff way down under. Feels pretty deep too that water.

Alright, hmm. I am seeing...it is interesting. It is a Cruxansatea shaped, the upside down Eckasha. I see it coming up from way down underneath the water that we are bobbing around in, and it is moving up slowly with its round end, you know, the bottom side of the Eckasha, like, in the Cruxansatea position pointing up. And it is just about...wow, it got really big as soon as it came to the surface, like it started to cross the surface. And now its tip is flipping up. Okay, just turned upright. And now looks like a big milky white Eckasha floating on the surface of the water with all of us in that circle around it with our Guides. Cool...

Alright, the...ah okay. The AL-Hum-Bhra Magistracy Councils are going to expand out the size of their Eckasha bubble. It is an Eckasha shape now with the point up. And they are going to expand it out where it gets big enough where it kind of envelopes all of us, envelopes us, so we end up inside of it with them, and then we are no longer in the water-like Plasma. And when they...alright, they are expanding it out now. And they want us to inhale and hold while they are expanding it...and then when we exhale, we will pop up and be on the inside of it standing on a Shield platform that runs through the center of the round part of it.

Okay, now I am seeing the 8 Representatives, you know, of each of one of the 8 Councils, the Magistracy Councils, as just a kind of basketball size orbs sitting, like, positioned on the floor in a circle in the center of the Shield, and we are standing around them. And they are asking us to sit down in our Plasma Bodies, kind of like lotus style, and just kind of face them.

Oh, that is neat. Our AL-Hum-Bhra Guides that are with us, they are still with us, but they just turned into, not quite the chewing gum stick shape, but more like an undulating wave that is positioned directly behind our Plasma Bodies now. Alright, and the 8 in the center are doing something. They are also having a vertical wave run through them. Kind of looks like the basketball sized fire white translucent orb running...with the vertical wave running through it. And now they are touching the tips of their vertical waves over the center...and, oh neat, and it is arching out to our Guides that are also running their vertical waves behind us and making archs over our head to the Cosminyahs 8 in the center. So our AL-Hum-Bhra Guides are linking us in with them. And they are going to do something and take us very quickly through the, into the AReutas Cell and directly into the Seed Atom, and from there, we will...they will move us through an experience with the Krystar Core Identity, the AL-Uma-UN. There we go.

Okay, they are waiting for something. Okay. Ah, they are going to...Oo, okay. They are saying: "inhale into that spot in Chakra-3 where the Blood Crystals are," the Blood Crystal Sac. Inhale into there...and hold for a second...and when we exhale, we are going to, all, up there in our Plasma Bodies, turn into one big orb that goes right through into the Seed Atom. So...

Mmm, okay. Try to sense us as like, you know, consciousness, but, you know, we are still like, emerged in the orb form there, but try to also sense a little fizzing or tingling sensation in the Blood Crystal Sac in Chakra-3 as the Aquos and Auros Crystals there, the Blood Crystals start to combine and they form what is referred to as *Pyros*, which is also known as Divine Fire. Just try to sense that. It will be like...it is really strange, you could call it a warming but the flame is cool, with this *Pyros* stuff. I do not know how to word that any better. So try to sense that happening in the physical body. And now inhale into there and hold for a moment...into the Sac...and exhale upward into where your Plasma Body is in the sphere. And sense our Plasma Bodies went back into being in 3D form, they are still that kind of transparent Plasma outlined by aqua-blue.

Wow, this is interesting space. It is almost like a space that is not a space but it is. It is hard to describe. We are inside of the Seed Atom, but we are not in the Core AL-Uma-UN yet. But it is...it is like even the space itself is like a big sphere again, but it does not have a Shield going across it in the center, so we are just kind of floating in it. Some of us are lotus style. Some of us must be really tired, because our Plasma Bodies are falling asleep on the...floating in the air up there. That is really funny. [Giggles] Alright. Yeah, that is really...oh, this is really funny. The ones that are sleeping for some reason are rising higher in the air. It is like...the ones that are standing are just like hanging out, like, about middle of the sphere. But the ones that are like...it started like laying down on about the same area that everybody was standing. As they got more and more under and sleep their Plasma Bodies, they started rising up in the air and floating around in the air, sleeping. That is cool. [Giggles] That is new. I wasn't expecting that.

Alright. Now, they are getting ready to give us the Crystals. Let me see what they want us to do. This is really funny. The ones, the people that are falling asleep, their Guides are going up and getting them, kind of bringing them back down, gently ruffling them to wake them up. Like, ah oh, alright, yeah. That looked really comfortable. I think I will go do that tomorrow or tonight after the workshop is over. Alrighty...can everything is like in that "Dark Room Space." You know, where it is...like transparent outlined with the aqua-ey blue on a sapphire-ey blue background.

Alright, everybody is awakened, standing up now. Oh cool. Alright, the AL-Uma-UN Core Identity Crystal of the "*Krystar from which we ALL come*" is appearing right now as an Eckasha shape but more spherical with just a little bit of like vapor trail going upward to make the Eckasha point...pale white translucent flame, but it is very living. You can really feel its consciousness and its presence. And it is expanding to be quite large in the center of...again this

spherical space that we are in that is the inside of the Seed Atom. And we are being invited, each one of us and on our lone harmonic, where we are going to be asked to step forward, you know, if we want to receive the 8 Crystals, to step forward into the Flame. And the Flame is the Core Identity of the Krystar, which is *ARI-Yon-Yah-ARhAyas Cos-Min-Yahas-AL-Hum-Bhrus*.

So, the consciousness of the Krystar is in direct cognition transmitting to us that we are invited to enter. It is as a homecoming and in being...in accepting The Gift of the 8 AL-Hum-Bhra Crystals; it is a rebirth actually. A rebirth of the Plasma Body with its K+8 factor, because each of the Crystals, you know, the Crystals combined create the K+1 all the way up to the K+8 factor. So...they are going to ask us to inhale and hold. And when we exhale, move our Plasma Bodies forward and step into this big flame in front of us...

Oh wow. And try to sense that as soon as your Plasma Body went into the flame, it created a small portion of itself, still within the big flame, but gave you a private section that is like a private Eckasha shaped flame around you, so you can have personal communication--direct communication--direct cognition with the Krystar. So it is like the others are not hearing or whatever. It is like private conversation. They are saying that this is the space that you can remember to go into whenever you would like to communicate with the Krystar; whenever you would like to ask for healing, or ask for assistance, or you know...anything. Say thank you, you know, that works that way too. There is a way to remember how to get there really quickly without having to go through the whole journey, and they will give us the Crystals in a minute.

But...they are asking that each of us in our Plasma Body up there as we are standing in our little private part of the Flame that is the Krystar Core Identity, to hold out our left hands, and we can do that on the physical as well, just a little bit in front of us with the palm up. And a stream of light is going to come from the private part of the Krystar that is communicating with you, and it is going to create a shape in your palm, like a symbol. It will not be too complex. It will be a simple symbol. If you can see that symbol written in light on your palm, either in physical here or up there in your Plasma Body. And also try to sense as if a finger was tracing it on your palm...that sense of it being drawn. Try to get an image of what that shape, that symbol, that line, it can be a squiggly line. It can be a series of, you know, any kind of shapes. If you cannot see it, that is okay. Just know it is there. That will be your pass-key for instant projection of your Plasma Body into the Krystar Core Flame.

The way you would use this is in a personal Patra where if you are here, you know, on the physical and you want to project your Plasma Body there, you would put your palms together in the personal Patra, in Athra, I think that is called, you know, the prayer hands position. And just inhale into the Wing Spot from your Mission Sphere and exhale directly forward and out into where the palms are linked. And it will activate. It first looks like the symbol turned really big, one on each hand, and turned into like symbol mittens in a circle. And once that effect occurs, it will just run through your whole body and you can release the NE'Athra and just relax and visualize yourself there and sense the feeling of the communication.

Try to sense the feeling right now while we are standing there together with the amplification of the AL-Hum-Bhra Magistracy Councils with us. Try to sense the feeling of the Love. It is an Absolute Love. It is unconditional, but it is also a love that can be soft and a love that can be firm when it is necessary. It is not a push-over love that can be taken advantage of. It is the Eternal Love of God Source and of the Kryst and of the Krystars. It is the most beautiful and gentle power in the Cosmos. But it is also the most strongest and *firm* Krystic power in the Cosmos, kind of like it can be firm like the love, say, of a mother or father or even a mother or father bear protecting its cubs, if someone was going to hurt it. That...there is a beautiful divine fierceness to that kind of love, that it will protect, it will stand by that which is loved, and we are all loved. Now if a being is acting out of control, is causing harm to others, just like a good parent does not let a child continue to behave like that because it is self-defeating for the child as well as harmful to others, and it will take corrective measures to assist the child in learning better. The Krystar loves in that way also. But it also loves in a tender, nurturing love that a parent would give a child that is adored. Where a

child knows it is safe, knows it can go there for nurturing, for healing, for company, for learning. Try to feel the reality of this space with you.

And now the final gift. There will be a circle of 8 Crystals given. And this time in your right palm. So they are asking to hold the right palm up in the physical and up there in your flame space. And it is funny. They look like little...well they are little, like, Plasma Balls. They are more jelly like, gelatinous, than I thought they would be. They said they solidify when you bring them home. Okay. Alright. Cause right now they look like kind of about the same color, which is that Fire & Ice kind of pale aqua-ey blue ice-like Plasma color. They are saying, "close the palm now and bring them in to, like, one little, like, cluster in the center of the palm." And inhale just a little using the inhale breath to pull them just inside the Palm Chakra... for storage. And they are going to have us come back, but I am not sure how they are bringing us back yet.

Okay, they are going to have us.... hmm, that tether line that has remained between our physical bodies and our Plasma Bodies even though our Plasma Bodies went through all sorts of contortions and journeys and shape-shifting, that tether line is still there. They are going to have us come back into our physical bodies directly through that tether line in a second. So we have a portion of the 8 Crystals in our right hand of our Plasma Body and actually another portion in the portion of our Plasma Body that was left with our *physical body*. And when we bring ourselves back through our tether line, it is going to bring those two sets together and that will begin their activation. First part of their activation. It will start ... and, then we are going to do something with them to activate the Union Flows within our body.

Alright, so they are asking us to...inhale again from our Wing Spot here all the way upward through our tether line into our Plasma Bodies way up in the Kr...Krystar Core. And hold for a second until we really get a hold of our Plasma Bodies up there. And then exhale downward and bring our Plasma Bodies down...right down through our Crown Chakra back into our bodies.

Try to sense the bit of buzzy feeling in the right palm as the two sets of Plasma Crystals interact with each other. And now they are going to have us open the Fire & Ice Flows within our physical bodies and Plasma Bodies by taking that little cluster of 8 Crystals in our right palm and placing our right palm over our Chakra-3. Then inhale in and leave the Crystals in the palm. Inhale...and on the exhale, so on the exhale down the right arm and push the Crystals into the Blood Crystal Sac. Then you can release your palm and just breathe gently for a few moments.

Now they said it will take a few minutes, about 15 minutes, before these Flows activate. I did not know they were going to do this, but they are going to take a short break, like 15 not half hour, in between this one, and then they will run 2, 3 and 4 together as one. But we need the time, about 15-20 minutes they said, for this to activate.

While we are taking this break, try to just sense and breathe into you, you can like breathe in through the Wing Spot and then exhale down into the Chakra-3 Blood Crystal Sac and just kind of breathe that way for a while, while you are taking a break. And just try to sense, they are beginning their activation cycle. And when they activate, what they will first do, it will be like little *pop pop pop* sensations actually in the atoms and sub-atomic particles of your blood as the Blood Crystals in the blood start to carry those Core Flows. So try to sense that. They also said you may feel some strange effects and, like, yeah, okay, it is, because I just feel like somebody is pressing really hard on my forehead...that is, they said you may feel some just little odd effects in sometimes your head or in various parts. Do not worry about that. Just gently breathe through it. It is just your body getting used to it, the openings of the Union Flows. And we will be back in about 15...well, we give it 20, it is 3:30. So, like 3:50. And they said the other will not, the set of the other will not be as long. Like they are not 3 more that are that long, so...we will be able to do those, and then there is a final activation one after that. So...wow.

I hope you enjoyed that part of *The Journey to Krystar Core*.
Thank you Beloveds.